

ABSTRACT OF THE DISCLOSURE

The invention relates to swimming and diving flippers for distribution of force of a type comprising: a boot (1), for housing the foot of a user and extending forwards with a fin (2) to give a mobile propulsion unit, said both being embodied such as to allow a movement of the upper part of the foot or the instep (P) with relation to the leg (J), when positioned on the foot of the user, such that the instep can form an angle (a) of variable magnitude with relation to the latter on carrying out the action of finning and further comprising a leg fixing device (5), embodied such as to be able to be fitted around the lower part of the leg and below the calf of the user and connected to the mobile propulsion unit (2-1), by means of lateral force transmission arms (4) and joints (6). The lower ends (4a) of said arms and said mobile propulsion unit (2-1) are embodied in a complementary manner to provide stop systems (7c, 9, 4c) providing a limitation of the size of said angle during the active phase of the movement of finning, characterised in that the lower ends (4a) of the force transmission arms (4) are fixed to the mobile propulsion unit (1-2; 1-2-7), at points corresponding to the positions of the malleolus when the fin is placed on the foot of a user.